

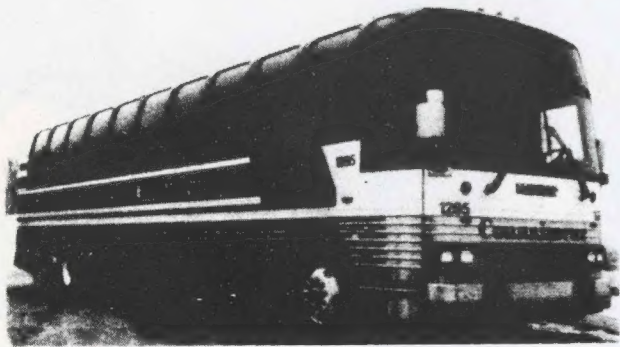
ACADEMIC & ATHLETIC
EXCELLENCE

STINGER PRIDE



Good Luck

*to the Men's and Women's
Basketball Teams
from
Connaissanceur*



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1455 DeMaisonneuve Blvd. W.
Montreal, Quebec
H3G 1M8
Tel.: (514) 848-2424

Rector
Dr. Patrick Kenniff

Enrollment
25,984

Athletic Affiliation
QSSF
CIAU

Recreation & **ATHLETICS**

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7200 Sherbrooke St. W.
(514) 848-3850

Victoria Gym
1822 DeMaisonneuve W.
(514) 848-3680

Director
Harry Zarina

Intercollegiate Sports

Basketball
Football
Hockey
Rugby
Soccer
Skiing
Track & Field
Volleyball
Wrestling

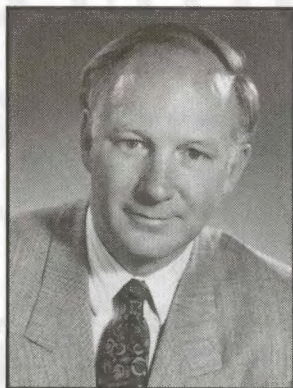
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Dr. Patrick Kenniff
Rector and
Vice-Chancellor

ADMINISTRATION

I am pleased to have this opportunity to welcome you to today's event. Sporting events are times when members of our University - students, staff, faculty, alumni and friends - come together to cheer on our fellow Concordians. They represent an opportunity for us to set aside our many different vocations and join in a common cause. They help us to strengthen our sense of community and to develop friendships. In addition to cheering on our varsity athletes, we should recognise the value of intramural sports, in which thousands of us participate each year.

As a community we get much more out of these activities than enjoyment, although there is plenty of that! Varsity and intramural sports foster self-discipline, teamwork and fitness and help develop our mental and physical faculties. As such, they complement academic life at the University and promote the development of skills which are of great value in our studies and in our lives outside of our studies.

I hope that you enjoy today's event and that, win or lose, you recognise that our athletes are striving to do their best. Join me in cheering on our Stingers.



As 'Montreal'



as the Kid, the Flower, and the Rocket

When it comes to sports, Montrealers are a breed apart. From dynasties on ice to celebrations on the soccer field, Montreal fans are famous for their passion, their penchant for nicknames – and their *pride*.

They're also famous for their knowledge of the game. Whether it's the batting average of a right-fielder or the latest rumors of an impending trade, Montrealers know the score every day with the help of The Gazette.

Seven days a week, superstar columnists like Michael Farber, Red Fisher and Pat Hickey cover all the bases in a sports section that's as 'Montreal' as the city that invented basketball.

The Gazette

As Montreal *as ever*



Charles Bertrand
Vice Rector

This year will undoubtedly be an exciting one for recreation and athletics at Concordia University. With the appointment of Harry Zarins as Director and the exceptional talent on the Stingers teams, as well as the launching of long-awaited plans for the expansion of facilities on the Loyola Campus, we look forward to a year of continued growth, renewed commitment and exciting challenges.

I warmly welcome our fans and boosters and thank them for their strong support for Concordia athletics. On their behalf, I offer all our student-athletes best wishes for luck and success, both on and off the court, the field and the ice! We know that each athlete will strive for excellence and will wear the Concordia colours with pride.

Let's all enjoy the 1993-1994 season. Go Stingers!



Harry J. Zarins
Director
Recreation & Athletics

On behalf of the Department of Recreation and Athletics, I am pleased to welcome you to Concordia University. We appreciate your support of our dedicated and committed young student athletes and university sport. You can look forward to an exciting and entertaining game.

Concordia University is an outstanding institution, constantly striving for excellence and innovation in all fields of its endeavors. Intercollegiate athletics play a special role in the life of our University Community. I wish to salute all our dedicated coaches and support staff whose efforts continue to produce highly competitive and successful teams and entertaining events.

Spectator support is a welcome component of all our programs. Each of our teams provides spirited competition and exciting entertainment. The revenue generated by spectator admissions to Football, Hockey, Volleyball and Basketball helps to offset the costs of all our programs, so in this way our fans are assisting all our Stinger teams.

I wish to thank the many friends of Stinger Sports and the alumni whose generous donations annually assist our Stinger teams. Your support is sincerely appreciated and I hope to see it grow further. A warm welcome is extended to the parents and families of our student athletes, the coaching staff, administrative and support staff of the Department of Recreation and Athletics. Enjoy the Game, and we hope to see you often during the 1993-1994 season.



WITH APPROXIMATELY 26,000 STUDENTS, 3, 200 faculty and staff, and more than 80,000 alumni worldwide, Montreal's Concordia University is one of Canada's largest and most dynamic centres of higher learning.

Students can choose from 160 undergraduate and graduate programmes in four Faculties: Commerce and

Administration, Fine Arts, Engineering and Computer Science, and Arts and Science. Integrated within the Faculties are seven colleges and more than a dozen research centres.

From its founding institutions - Loyola College (1896) and Sir George Williams University (1873) - Concordia has inherited a tradition of superior teaching supported by the best possible scholarship, creative activity, research and service to society. Each year the University awards more than 3,600 degrees and diplomas.

Although the majority of its students are recent CEGEP graduates, Concordia maintains an openness to part-time studies, flexible class schedules and an interdisciplinary approach to learning for women and men of all ages and backgrounds. In fact, we are recognized as having one of Canada's most wel-

coming open-door policies towards senior students.

The university has two campuses: Sir George Williams, downtown with 40 buildings spread over 13 city blocks; and Loyola, about 7 kilometres away in a residential setting on 46 acres in west-end Montreal. That Campus has 41 buildings.

Concordia's hallmark has always been community involvement. Many of our part-time faculty are professionals drawn from the artistic community and the business world. The full-time faculty are engaged in a wide range of social, cultural and economic endeavors that



help to enrich the lives of people in Montreal, across Canada and abroad.

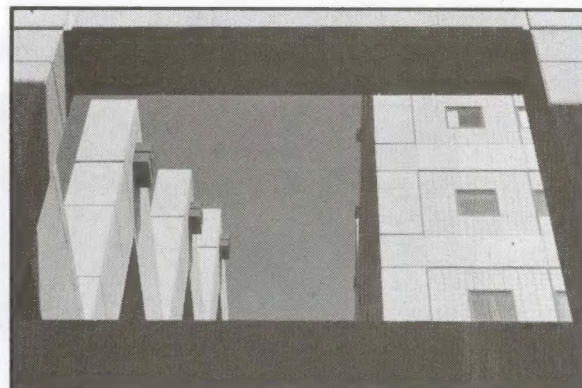
Ever-responsive to Montreal's bilingual and multicultural environment, Concordia offers a wide range of community services from business and professional seminars to cultural and recreational activities. For example:

- many of Concordia's library services are open to the public;
- attendance at the University's music concerts, film screenings, drama productions, lectures, art exhibitions

and sports events numbers in the hundreds of thousands annually;

- Concordia recently opened its Concert Hall, a 10,000 square foot, 619-seat facility on our Loyola Campus. The hall is available to community groups for as many as 100 performances a year;

- Concordia faculty and students provide research and consulting services to corporations, individuals and small business.



General Information
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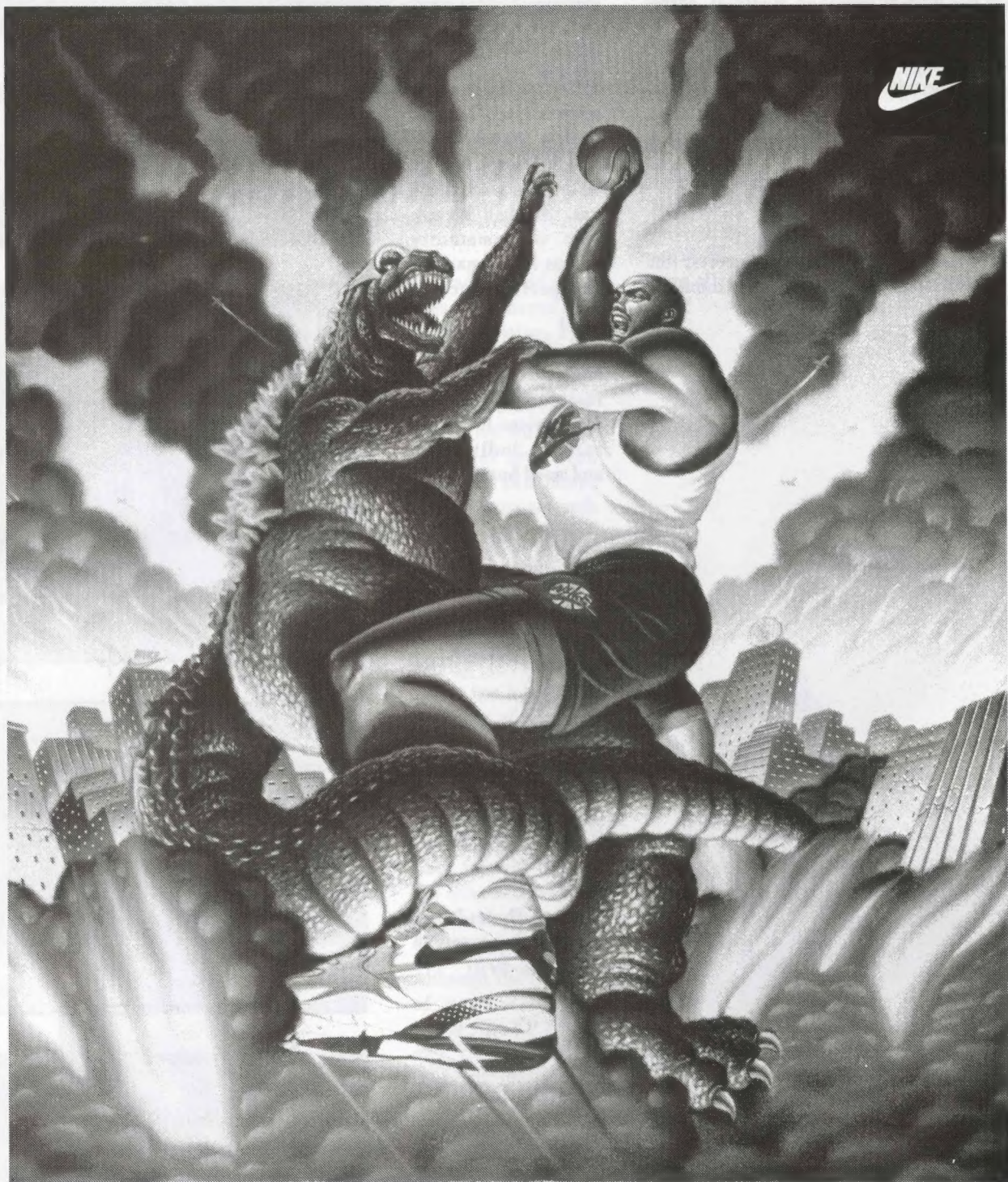
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Admission Criteria
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Graduate Studies
Graduate Admissions Office
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Stinger Sports Info.
(514) 848-3849







A RETURN TO THE ONTARIO-QUEBEC INTERUNIVERSITY Football Conference playoffs is the first order of business for the 1993 Concordia University Football team.

The Stingers should reap the benefit of last year's rebuilding season which saw the inexperienced Stingers play competitive football but fail to make the playoffs for the first time in four years under head coach Pat Sheahan.

Concordia, with only one returning starter on the offensive line, recorded a 2-4-1 record last year but managed to be competitive in a tough Ontario-Quebec Interuniversity Football Conference.

Indeed, despite their inexperience the Stingers proved they could play with anyone in the country. They defeated nationally-ranked Guelph in a preseason game, lost a hard fought 13-8 decision to the National champion Queen's Golden Gaels in the season opener and registered a dramatic 25-24 come from behind victory over the McGill Redmen in the annual Shrine Bowl televised nationally by TSN.

When Concordia meets Bishop's in the OQIFC season opener Saturday, September 11, 1993 at 1:00 p.m. (Concordia Stadium) they will embark on a seven week journey that will take them to the league playoffs.

Following the Bishop's contest, the Stingers travel cross-town to battle the McGill Redmen in the 7th Annual Shrine Bowl before returning home to host the Ottawa Gee-Gees on September 25th.

The annual Shaughnessy Cup (symbolic of Montreal football supremacy between McGill and Concordia) and the 1993 Homecoming Game against the Carleton Ravens (October 16th) highlight the

remaining home schedule.

Fred Marquette, whose injury last season hampered the team's offensive play, will return to anchor the offensive line. He will be joined by veterans Joe Merandi, Andrew Rehel, Bill Venieris and Mike Simoncic. A talented corp of receivers are led by Jean-François Joyal, the league's Rookie of the Year in 1990. Mike Nobel,

Sébastien Vittecoq, Eric McLellan, Denis Montanna, André Bolduc and Nat Vickers complete the receiver corps.

Dennis Pitsellis, a standout of Vanier College, will handle the quarterback duties. Pitsellis directed the Vanier Cheetahs to a CEGEP Provincial Championship in 1989. François Trudel returns for a 5th year along with rookie Brendan Tarry from St. Martin's H.S. in Mississauga, Ontario.

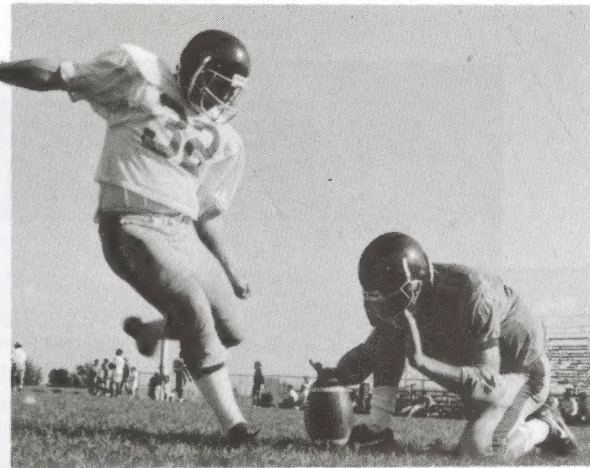
Fullback Dio Mastrodomenico (4.2 yds. per carry) leads a veteran backfield that also includes Kevin Norris (5.5), Michael Paul (4.4), Marco Ciamerri and Jamie Dugdale.

The Concordia defensive unit provided coach Sheahan with solid play throughout the entire 1992 season. John McDonald, Danny Lavallee, Paul Chester, Giovanni Petrella, Kevin Bileski, Maurizio Calconi and Graham Angliss provide a solid nucleus on the defensive line. Petrella capped an outstanding freshman year by being named the league's Rookie of the Year. The Vanier graduate led the team in total tackles with 51.5 while Chesser added 41.5.

The Stinger line-backers are strong, experienced and plenty. Luc Pelland (49 total tackles), Pat Guidon (44 total tackles), Rob Taylor, Jean-Paul Silvestre, Kevin Cameron, and Todd Smith provide Sheahan with depth and quality play.

Fifth year veteran Scott Hitchcock keys the defensive backfield that includes veterans Marc Fortier (42 tackles), Spiros Feradouris, Gary Locke (3 interceptions), Sean Timmons, Sean Leroy, Marc Parent and Damani Best.

League all-stars Paul Geary and Dimitrios Manalopolous will share the kicking responsibilities. Geary led the league in punting as he averaged 37.7 yards per punt and scored 6 points with a field goal and 3 converts while Manolopolous led the team in scoring with 29 points as he connected on all 6 field goal attempts and made 3 of 4 converts.





WHEN ANNIE CARON MADE THE DIFFICULT transition last season from player to head coach, few expected her to have such outstanding results in her first year. However the coaching tandem of Caron and Heidi Jones (Annie's teammate and fellow All-Canadian last year with Concordia) quickly transformed the Stingers into valid contenders for the league championship. After a slow start, the Stingers won five and tied one in their last six games. They defeated Sherbrooke in the first round of the playoffs before losing a hard fought game to the arch rivals the McGill Martlets in the finals.

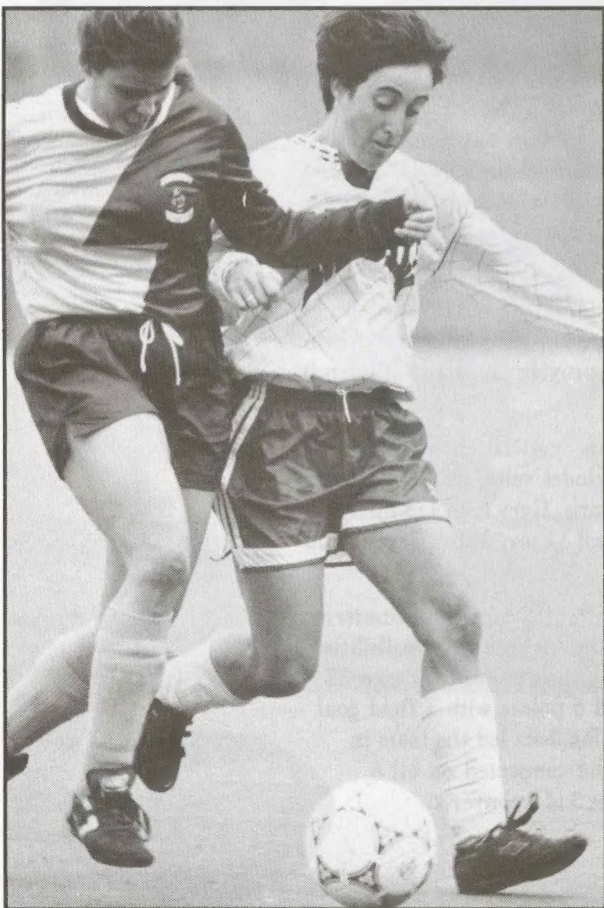
Although Caron will have a solid nucleus of returning veterans, they need to replace two key players, Dee Miller and Chantel Golding. Miller, was the teams leading scorer and a 1992 CIAU All-Canadian while Golding was a member of the Quebec Canada Games Team.

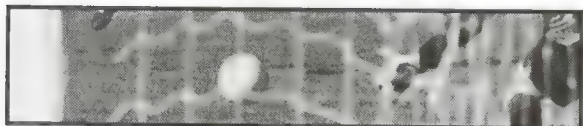
Returning veterans include league all-stars Astrid Mel, Sandra Tuppert, along with Rhonda Baptiste, Isabel Delage, Isabelle Marquis, Sarah Brown and goal-tenders Edie Roberts and Kristy Gallagher. Tracey Valencourt, a former member of the British Columbia provincial team, heads a list of talented recruits.

The year's CIAU Nationals are being hosted by McGill. There will be two Quebec entrees in the six team National Championships. Being the host team McGill gets an automatic berth to the Championship leaving Sherbrooke and Concordia to battle it out for the right

to represent Quebec. "Sherbrooke will be a tough team to beat," Caron stated. "They are experienced, talented team and we are going to be at the top of our game against them and McGill".

Judging on past performances, coach Caron will have the Stingers in top form when the playoffs roll around in November.





WHEN THE CONCORDIA STINGERS ENTER THE 1993 QSSF men's soccer league it will be with a new twist - defending league champions. The Cinderella team pulled off the improbable last season as they finished the regular season in fourth place. They defeated Sherbrooke in the first round of the playoffs and then registered a dramatic 2-1 double overtime victory against the defending champion McGill Redmen.

The magic continued at the CIAU Nationals in Guelph as the Stingers tied Laurentian 1-1 in their opening match. The bubble burst the next day as McMaster downed the Stingers 5-1, effectively eliminating them from the medal round.

Assistant coach Cameron Walker strongly feels that team development is more important than the final result of any particular game. "We pride ourselves on the fact that the team always improves as the year progresses. We actually had a more difficult time making the playoffs than we did winning the playoffs. The team's development is our number one goal."

Pavlick's team orientated theme is clearly reflected in the league all-stars. Midfielder Mauro Biello was the only Stinger selected to the first all-star team while defender Mike Stephan, midfielder Henrik Lystager and attacker Dwayne Dear were named to the second team.

Biello, who was also named to the CIAU second team All-Canadian squad, is presently playing with the Montreal Impact along with Concordia assistant coach Cameron Walker.

Patrick Laviolette, after two years of dedicated play as forward and back-up goalie, is the leading candidate for the starting goaltender position. Laviolette was pressured into service as a forward last year after a rash of injuries and promptly 2 scored goals at U.Q.T.R. earning him the "CIAU Athlete of the Week" selection.

Pavlick feels that the defense will be the mainstay for the Stingers. Mike Stephan, Glen Campbell, Karl Palmen, Claudio Durante, Bobby Piazza and Stephane Perrault provide Concordia with a veteran defensive corps, while midfielder Chris Rose, Russell Burrows and Gaby Samsone will provide offensive punch.



SE DIRIGEANT VERS LE 21^{ÈME} SIECLE, L'UNIVERSITÉ Concordia se veut une institution où la population francophone se manifeste de plus en plus. Les francophones représentent 20% de la population étudiante universitaire et ce pourcentage devrait continuer d'aug-

menter dans les prochaines années. Le directeur de liaison, Pete Regimbald, croit que les francophones poursuivent leurs études dans une université anglophone afin d'être plus productif dans une société bilingue. Toujours selon M. Regimbald, leur présence contribue à la diversité de l'université Concordia.

Le département athlétique offre un programme d'aide aux étudiants-athlètes francophones qui ont des problèmes de transition. Il est à noter, que tous les étudiants francophones peuvent, si ils le désirent, écrire les travaux et les examens dans leur langue maternelle.

La présence de plusieurs francophones s'est fait sentir dans le département athlétique au cours des dernières années: Jean-François Héroux, François Trudel, Frédérick Arsenault, Marie-Claude Roy, Stéphane Chappados et Pat Demers ont contribué grandement aux succès des Stingers.

François Trudel, joueur-étoile au football au Collège Marie-Victorin et au Collège Notre-Dame, voulait poursuivre ses études en communications tout en continuant de jouer au football. Deux universités lui offraient cette possibilité: McGill et Concordia.

"J'ai choisi Concordia pour son programme en communications et pour l'entraîneur de son équipe de football" dit François Trudel. Il dit avoir eu quelques difficultés à sa première année, surtout en salle de cours en raison des termes techniques. Il mentionne qu'il a dû prendre les bouchées doubles afin de performer au même niveau que ses compagnons de classe. Ce sont ces facteurs qui lui ont permis d'acquérir une certaine discipline et une expérience de vie qu'il ne changerait pour rien au monde.

"C'est curieux de retrouver autant de diversité en un seul endroit, des étudiants venus d'à travers le monde avec des habiletés et des talents variés. Je sens que j'ai donné beaucoup à Concordia dans mes quatre années, mais je sais que j'ai reçu beaucoup aussi en retour."

Trudel donne beaucoup de crédits à un ancien coéquipier qui l'a aidé lui et plusieurs autres francophones. Il s'agit de Stéphane Chappados, joueur-étoile de l'USIC et le détenteur du record du plus grand nombre d'interception dans la CFUOQ.

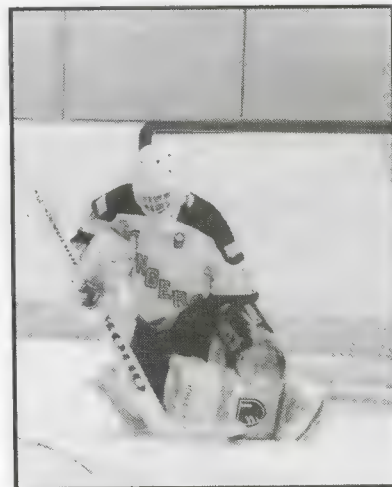
"Chappy était un modèle" se souvient Trudel. Il était un leader exceptionnel pour l'équipe et était capable de nous faire comprendre que nous faisons partis de l'équipe représentant Concordia. Il nous expliquait que peu importe ce qui nous arrivait ou ce qui arrivait à l'équipe, était dû au fait que nous étions des joueurs de football et non parce que nous étions francophones.

"Je pense que je peux maintenant remplir un tel rôle avec les recrues. Après quatre ans, je me sens prêt à assumer un rôle de meneur autant sur le terrain que hors du terrain."

Pour Marie-Claude Roy, le choix a été plus complexe. Une gardienne de but remplie de talent, elle avait la chance de pouvoir continuer son évolution sportive dans une université américaine. "Je cherchais un endroit où je pouvais étudier le programme de mon choix tout en pouvant continuer de jouer au hockey à un niveau qui me permettrait d'atteindre mes objectifs." Roy dit avoir trouvé en Concordia le seul endroit lui permettant d'atteindre tous ses objectifs, autant académiques que sportifs.

Une diplômée du programme d'enseignement du français langue seconde, Marie-Claude a fait partie de l'équipe nationale de hockey qui a remporté en 1992 le championnat du monde. Récipiendaire du titre "athlète de l'année 1992", M.C. pourrait être un rouage important d'équipe Canada 1994 qui se prépare à défendre son titre au Lake Placid en avril prochain.

"La combinaison études, entraînement et compétitions oblige discipline et maturité. Je terminerai ma vie universitaire avec deux diplômes, une carrière sportive enviable et la maîtrise de la langue anglaise. Ses atouts feront en sorte que je serai bien outillée pour affronter le marché du travail. J'estime que Concordia a contribué grandement à l'atteinte de mes objectifs."





RUGBY FIRST APPEARED ON THE LOYOLA CAMPUS as a club sport, but slowly the programme has developed into some of the finest offered in Canadian Universities.

The women's rugby side, ably coached by Tom Ingerman, continued their domination of the Quebec Women Intercollegiate League by recording a near perfect 8-0-1 league record and then defeating Bishop's and McGill in the playoffs for their second consecutive title. The Stingers have not lost a regular season league match in three years.

Over the last three years the women's rugby team has established itself as the dominant force in the Quebec Women's Intercollegiate Rugby League.

The talent-laden squad has gone undefeated en route to



provincial championships in 1991 and 1992 and the prospects are strong for a three-peat this season. Concordia's dominance in Quebec rugby can easily be demonstrated by a quick glance at the 2 WIRL all-star teams. The Stingers placed 10 players on the dream team including Natascha Wesch, Jodi von Colditz, Tanya Fiori, Julia Ives, Josée Lacasse, Kelly McHay, Linda Miller, Christal Monod, Laura Morrison, and Jennifer Purves. Wesch, Lacasse and Micheline Greene were members of the Canadian National Team.

Coach Paul Moreau guided the men's rugby team to their most successful season as they reached the league playoffs for the first time in several years. Leading the way for the team was Brett Hansen who was chosen the team's Most Valuable Player and selected to the league's all-star team. Joining Brett on the all-star team were Tony Clarke and Pat Spencer. Sistino Colatosti, who successfully made the transition last year from the gridiron to rugby, was selected as the team's Most Improved Player.

Beside playing within the Quebec conference, the men's team annually plays international matches in Boston, New York and Washington.





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THE CONCORDIA UNIVERSITY TRACK & FIELD
Team will begin its 93-94 season with a strong core of returning athletes as well as talented new recruits.

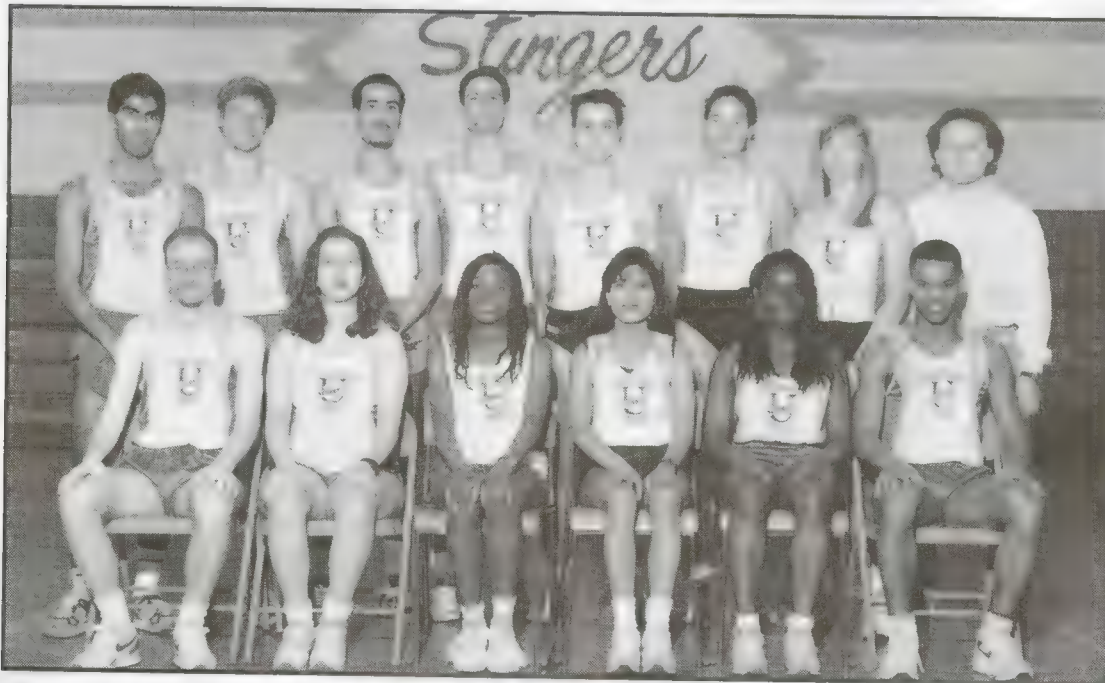
The Concordia Track & Field Team will be headed by a group of coaches each specializing in different areas. Coach Paul Charron will oversee middle distance running, some sprint and overall strength program, Orlando Houghton (Montreal Athletics West) will take on the sprint training and technical work, Daniel St. Hilaire (National High Jump & long jump coach) will assist in the jumping program, and Van Quan Phung (St Laurent Select) will assist in all training, particularly in the long jump. Athletes in combined events will have the opportunity to work more intimately with the coaching staff.

Training will commence in September and the indoor Track & Field competitions will begin with the first meet Dartmouth Relays in Hanover New Hampshire. Athletes can look forward to competing in 4 meets with the 5th being the Provincial University Championships at the University of Laval in Quebec. Qualifiers will go on to the CIAU National Championships in Edmonton Alberta.

Athletic Training will take place in 5 locations; Kent Park (synthetic track), Loyola Campus field, Centennial Park (The Dragon), and for indoor training; Loyola High for technical starts & circuit training, and Claude Robillard centre indoor 200 meters synthetic surface. Some strength training will be done on cross-country skis in various parks during winter conditions.

The Concordia team enjoys a great social interaction and non pressure atmosphere. Athletes join by choice, with many goals, and are here to improve and perform to their best ability.

The Concordia Team is headed by team captains Jamie Knutson (from the Lake head Club, Thunder Bay, Ontario), and Karen Chapman (qualifier for the last years CIAU Championships in the Triple Jump from Kingston, Ontario).





SINCE CONCORDIA FIELDLED ITS FIRST TEAM IN 1975, the Stingers have established themselves as one of the premier basketball programmes in Canada. In 18 years of university competition, Concordia has captured 13 league titles, highlighted by their National Championship victory in 1990.

More impressively, since John Dore was appointed head coach for the 1989-90 season, the cagers roster has had a strong local flavour. Suffice it to say that Concordia has established itself as the place to be for Quebecers interested in excelling in basketball and academics.

"We run a programme of excellence," Dore recently stated. "We are interested in recruiting the top players in Canada, but we tend to focus on the local athletes. I believe that the basketball team is representative of the university itself, drawing from a wide range of varied and diverse backgrounds."

"Our goal is not to develop professional basketball players but rather produce quality people who will work hard to excel whatever they endeavor, including basketball and school."

The Stinger streak of five consecutive league titles will be strongly challenged by the Bishop's Gaitsers and the Laval Rouge et Or this season. The Stingers have been hit hard by graduation, losing All-Canadian guard Dexter John, as well as veterans Rapheal Tyrrell and Pat Sullivan. However a solid nucleus of veterans and promising recruits should make Concordia a pre-season favourite for league honours. League all-stars Emerson Thomas, Robert Ferguson and Fred Arsenault combine with Eric Corej, J.P.

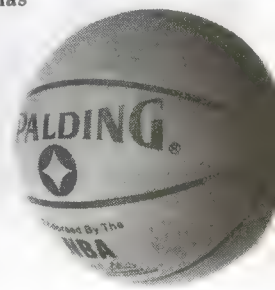
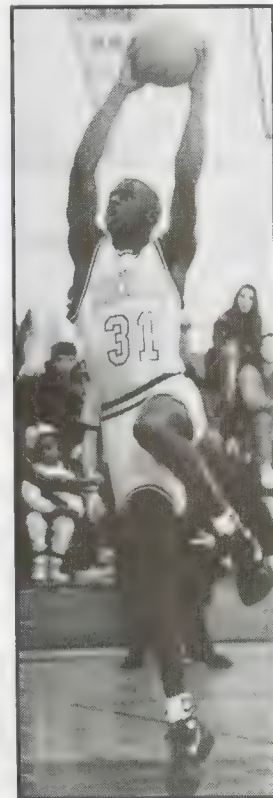
Reimer, Ben Jacob, Gaetan Prosper and Emile Bigelow to provide coach Dore with a talented seasoned nucleus. Thomas a late cut form the National Team led the Stingers in rebounding (6.5 pg), was second in scoring (16.3 pg) and was the catalyst of the Stinger pressure defense. Ferguson has been of the top defensive players in the country since arriving at Concordia in 1988 and Arsenault (11.9 ppg, 5.09 rpg) has developed into one of the premier centres in CIAU.

Max Bouchard, Steve Thomas and Dan Furlong lead an impressive list of newcomers. Bouchard, a recipient of a recruitment bursary from the Foundation for Quebec University Athletics, enters Concordia after an outstanding career at CEGEP Montmorency. Thomas, the younger brother of Concordia's Emerson, was an All-Canadian at Vanier College last year, while Furlong is a fine prospect via Dawson.

Concordia will open the 1993-94 season with the edition of the Nike Classic featuring Laval, Queens and the host Stingers.

Coach Dore has quickly established himself as one of the top young coaches in Canada. His four years totals include a National Championship, four league titles and an enviable won-loss record. He has spent the last two summers working as an assistant coach with the Canadian National Junior team and was selected the CIAU National Coach of the Year in 1971.

Harvey Liverman, beginning his ninth season as an assistant coach, has proved to be invaluable as a recruiter, tactician and advisor. The former member of the Loyola Warriors served as an assistant coach with the 1989 Maccabi Team.





WITH 12 RETURNEES FROM LAST YEAR'S THIRD place team (6-6 overall) and several outstanding recruits, Hickey is confident the Stingers can win their first league championship since 1985.

"Our pre-season goal is to win Quebec and participate in the CIAU Nationals in Calgary next March," Hickey stated. "We have reached the point of being competi-

tive. Now is the time to start winning. Payoff time for several years of hard work and frustration is now."

Veteran guards Tanya Guitman and Sharon Sandy head the list of returning players. Guitman, the team's quarterback and Sandy, one of the fastest players in the CIAU, provides Concordia with deadly outside shooting and lead the Stinger's pressure defense.



Pat Demers returns for a second year after leading the team in scoring and being named an All-Star honourable mention.

Linda Benjamin and Isabelle Bernier are the other two returning starters. Hickey feels that Benjamin will be a more dominant player this season while Bernier should benefit from an intensive off-season programme.

Christine DeJordy, Lori Lozo, Julie Kinsella, starters two years ago will join Terry Viglione and Janice Marshall in supplying solid play in the forward position. Second year guards Barbara Mallette-Requesens and

Caroline Jones gained valuable experience last year.

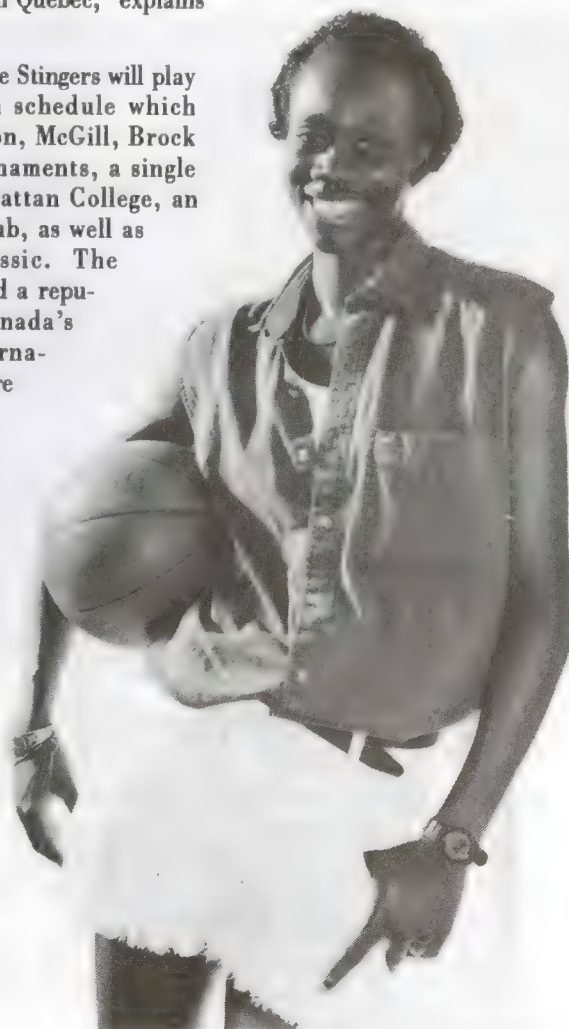
Eva Samoré, a recipient of a QSSF bursary, joins the Stingers after being named an all-Canadian while playing for Vanier College. Other first year players include Sabrina Gazaris, an excellent outside shooter, Wanda Vierra, a talented point guard and Nadine Taralli, a former College All-Canadian who is returning to competitive basketball after a year's absence due to knee surgery.

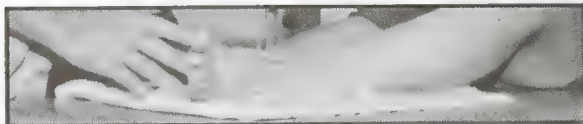
Karen Taylor, who played for Hamilton-Transway, and Jennie Smith, a starter for the CCAA champion John Abbott Islanders will add depth to the Stingers roster.

Concordia should be in the midst of an intense three-way battle for the Quebec championship with McGill and Laval this season.

"I feel that we have a little more experience, a little more depth and are a lot hungrier than anyone else. Our goal for the season is to play in the CIAU Nationals this March in Calgary and to do that we must first win Quebec," explains Hickey.

To reach that goal the Stingers will play a tough exhibition schedule which includes the Ryerson, McGill, Brock and Waterloo tournaments, a single game against Manhattan College, an NCAA Division I club, as well as the Concordia Classic. The Classic has developed a reputation as one of Canada's finest women's tournaments and will feature four teams that participated in last year's Nationals (Western Ontario, Laurentian, Toronto and McGill) along with Queen's, St. Mary's, Brock and the host Stingers.





WITH THE FORMATION OF THE STUDENT ATHLETE Assistance Programme, the department of Recreation and Athletics took a major step towards fulfilling its role of developing student-athletes with the emphasis on the individual student.

While the results of Concordia's athletes and teams is well documented, contribution of the various support areas are often overlooked. However a big factor in the Stinger's success story has been the development of the Concordia Varsity Athlete Therapy Clinic. Under the direction of Ron Rappel, the clinic has evolved from the "old school" tape and scrape methods to a modernized scientific approach to sports medicine.

"Our role is twofold" stated Rappel. "First, thorough

Concordia's Sports Medical Centre and Concordia's Scott Livingston.

Livingston has been the catalyst behind Concordia's Strength and Conditioning Programme. Scott works closely with the coaches and athletes setting up programmes that will allow them to participate at an elite level.

"What I hope to teach and install upon our athletes is a lifetime approach to fitness. To be competitive at the CIAU level today, an athlete must train 12 months a year and we as a department must be prepared to meet their needs in that area" states Livingston.

Livingston divides the training regime into three cycles, pre-season, in-season and off-season. During the pre-season he works closely with the athletes, helping them reach the desired level of fitness. During the in-season the focus is maintenance of the desired fitness level. The off-season is devoted to building up the athlete's strength and endurance and Livingston had developed programmes for each team to meet this goal.

"The days of an athlete not training for three or four months during the off-season is gone" Livingston emphasized. "The non-competitive stage is an important time for athletes to develop the proper fitness base".

Through testing (two or three time a year) and personal observations Livingston is able to access each individual strengths and weaknesses.

Coaches and athletes alike agree that Livingston's programmes have been a very positive impact on Concordia's Athletics.

"The well-conditioned athlete is better prepared to learn and is more confident of his/her abilities and Scott's involvement allows the coaching staff to concentrate more on the tactical aspects of the sport, knowing that the team's conditioning is being properly addressed," stated coach Mike Hickey.



preparation, training and testing to eliminate as many injuries as possible and secondly to rehabilitate the injured athlete as quickly as possible".

The clinic, in conjunction with the Exercise Science Athletic Therapy specialization has over 20 student-therapists who work with the varsity teams and in the clinic. Over the years graduates from the Athletic Therapy programme have included Kenny Lowe, therapist for the Edmonton Oilers, Rappel, Dave Campbell of

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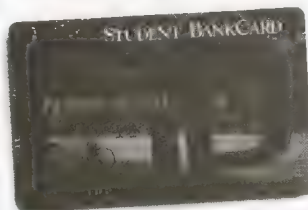
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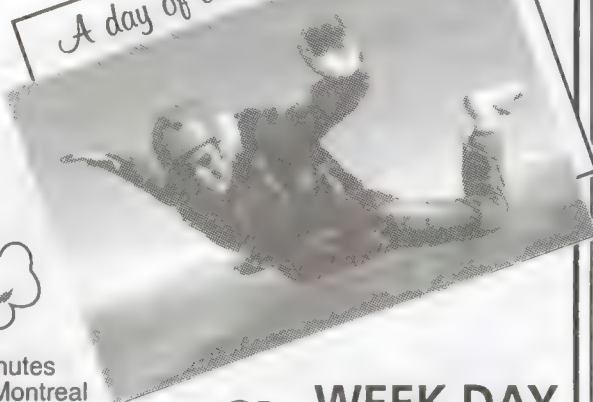
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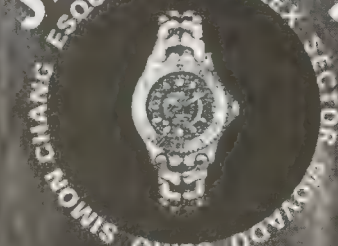
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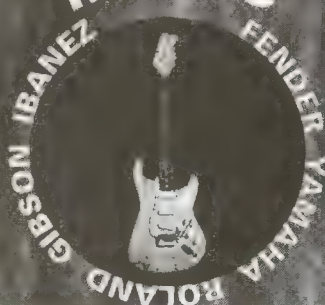
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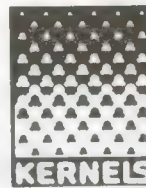
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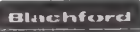
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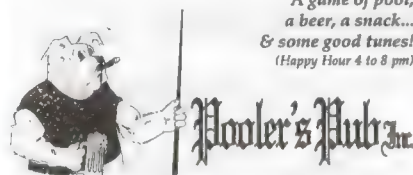
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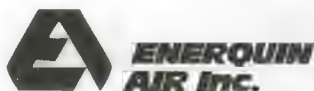
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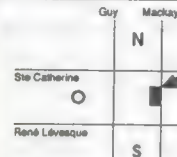
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AFTER YEARS OF CAREFUL PLANNING AND studying the SAASP programme was unveiled by Kathy McDonald in the Fall of 1992. Under the direction of Steve Mau, a former Concordia Varsity Basketball Team member and graduate student in the Education Department, the pilot programme was put in place.

"Pat Sheahan was very instrumental in finally getting the academic support system off the ground", McDonald explained. "He clearly demonstrated a need by the athletes for help in time management and study skills, as well as a need for others, the problems of francophone students studying in English for the first time".

The aim of the programme is to provide academic support and the focus is concentrated in three areas, academic skills, transition issues and access to student services.



Last year's method of delivery either through individualized counselling or group workshops proved successful and will be utilized again this year.

The academic skills covered by workshops

include effective listening and note taking skills, time management skills, essay writing and preparation for exams.

Issues include the environmental, academic (high school/CEGEP to University) and cultural transition from a francophone to



anglophone environment.

Concordia student services offer a wide range of services which can be accessed through the SAASP coordinator.

Last year's pilot programme proved to be successful beyond expectations as was evident by substantial improvement in the student-athletes overall grades and improved working relationship between the athletic department and the academic sector.

Steve Mau, who coordinated the academic support programme last year felt that there was strong support given by the coaches and the athletic administration.

"Anytime I went to Kathy or an individual coach with a problem or request, they supported my efforts," Mau stated. "The athletes realized the importance given by the coaches to their academic progress and it really motivated them."

Mau who is pursuing a Ph.D at the University of British Columbia has given way to Anna Johansson. Anna is in her second year of a M.Ed. programme, knows full well the problems facing students trying to combine an education with elite athletic training. While pursuing her degree at McGill, Anna was a member of the Canadian Equestrian Team.





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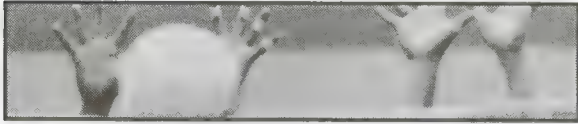
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WHEN CONCORDIA REVIVED ITS VOLLEYBALL programme in 1988, it did so with the intention of building a competitive, high-calibre team within the CIAU framework and not just to field a team. The hiring of Melanie Sanford was the first step in that process and assured the programme would continually move in the right direction.

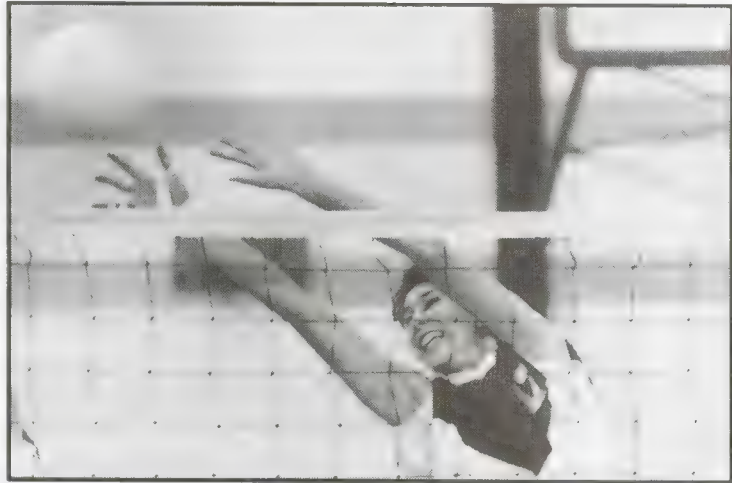
In five years, working in conjunction with the local Montreal community and the Quebec Volleyball Federation, Melanie has set up a club system which includes John Abbott and Beaconsfield High School.

The Stingers' development took a major step forward this past year as it recorded a league victory over Sherbrooke. Now it is time to move on to another phase in the team's development. "We have proven ourselves to be competitive within the CIAU," Sanford stated. "Now we must find out if we can be consistently competitive with the best teams in the country. Do we have the capability to be at that level over the next five years? I think the potential is there, but it is going to take a lot of hard work. It's a challenge, and a goal and we look forward to achieving".

To meet this challenge coach Sanford intends to broaden her recruiting to cover the entire country (Western Canada). "We feel that we offer an outstanding quality programme and we want to attract the very best in the country."

The Stingers enter the season with eight seasoned veterans led by QSSF all-star and team MVP Cassandra Bardo. Bardo, a third year middle blocker who played CEGEP at Champlain College, had an outstanding year in 1992-1993 was also named Concordia's female athlete of the year, and spent the summer as a member of the extended National Team Programme.

Joining Bardo are Anne Szili, a fifth year power hitter, Shelly de Souza, an offside hitter, middle blockers Reanne Brehmer, Nathalie Annett, Nathalie Muller and Patricia Bond, a pair of power hitters as well a setter Eleanor Chan. Eleanor is coming off a fine rookie season in which she was selected the team's Rookie of the

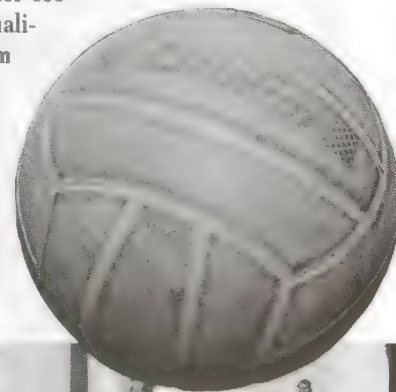


Year as well as Concordia's Female Rookie of the Year. Rookie Catherine Chan, a power hitter from John Abbot College is expected to contribute to this year's success.

The QSSF volleyball circuit has expanded its league schedule from 8 to 16 games, which should benefit the Stingers. In addition they will participate in the Winnipeg Invitational Tournament, which annually attracts the best teams in Canada.

Melanie arrived at Concordia with established credentials. She was a member of the University of Saskatchewan Huskiettes for five years and captained the team to three consecutive CIAU National Championships. During that time she was a three-time All-Canadian, a five-time CWUAA All-Star, a CIAU Most Valuable Player and a member of Canada's National Team. She has been inducted into three Hall of Fames, the University of Saskatchewan, Saskatchewan Hall of Fame and the City of Saskatoon's Hall of Fame.

The coaching staff is well balanced with the return of Townson Lee who is entering his fourth year as an assistant coach, and Irene Qualls returning for her second year as a assistant. Townson, is well qualified as a level III coach and originates from the Montreal area. Irene comes to us from the U.S. following a successful playing career at the University of Kentucky. Both coaches add a great deal of experience to the programme, as well as their unique personal attributes give the coaching staff a special quality.





YVES BEAUCAGE ENTERS HIS FOURTH YEAR AS head coach of the Concordia men's hockey team with unbridled enthusiasm.

"We are very happy with our recruiting year," Beaucage stated. "We got players from all three major Quebec



developmental leagues, as well as four players from the Metro-Toronto area and several from the Ottawa region. We have improved our size and scoring potential and added depth in the nets. We expect a big season from Steve Salhany (9-15-24), Patrice Martineau (18-19-37) and Pierre Fillion (7-13-20)."

Angelo Karitsiotis, last season's Rookie of the Year, should provide the Stingers with consistent goaltending, although Beaucage says he will be pushed by several of the rookie recruits. Karitsiotis saw the bulk of the goaltending duties last year and recorded a .882 saves percentage in 27 games.

Veteran captain Derek Potts anchors a solid defensive corps that will include sophomores Benoît Therrien and

Eric Rochette.

Martin Balleux, a 30 goal scorer with the Granby Bisons from the Quebec Junior Major Hockey League, heads the list of newcomers. Other rookies expected to make an immediate impact include Mathieu Brunet, the second leading scorer in the CEGEP league, Dave Szabo, who played with the North Bay Centennials of the Ontario Hockey League and Richard Guindon from Les Panthere de St. Jerome (tier II).

The Stingers will revive their Invitational Hockey Tournament after a seven year hiatus. The two day event, which will include Queens, University of New Brunswick, Union College (N.Y.) and the host Stingers, will be played December 29th and 30th.

Other highlights of the schedule include appearances in the Plattsburgh State Tournament, the U.N.B. Tournament, le Tournoi de Trois Rivieres and exhibition games against Mt. Allison, Dartmouth College and Army.

All in all, it looks to be an exciting and competitive season ahead for the Stingers and their loyal followers.





FROM IT'S EARLY DAYS AS THE LOYOLA TOMMIES Loyola/Concordia has played a leadership role in the development of women's hockey in Canada. As women's hockey continues to gain importance in the world sporting arena, Concordia's influence is evident.

For the record the Stingers have six captured league titles the last seven. In addition they host the Theresa Humes Invitational Tournament, which for the last 25 years has brought together the best teams and players in

letes an opportunity to reach their potential. Concordia practices daily and has access to qualified therapists, strength training programmes and their academic progress is monitored through the department's Student-Athlete Academic Support Program. The Stinger's schedule includes exhibition games against the top teams in the Northeastern United States and Ontario as well as league play.

Coaches Les Lawton and Julie Healy have been proactive in revealing leadership throughout the country. Both Lawton, Canada's National Team Coach, and Healy, who led Quebec to a strong second place finish in the Junior Championships, have been involved in players and coaches clinics in Quebec and Canada.

This year's squad is led by national team members Marie-Claude Roy and Laura Leslie. Roy was a member of the World Championship Team that captured gold in Finland last year while Leslie is Concordia's all-time leading scorer. Other returnees expected to contribute this season are Ginnie Brulé, Lisa Jordan, Tamara McKernan, Lesley Jor-



dan, Martine Bérubé, Tracey Robinson, Susan Cartman, Elaine Bedard, Lisa Devison, Laurie Cartman and Christine Lapointe. Despite the loss of three key players (Lynn Ann Mageau, Kathy Morrison and Andrea Lynch) the coaching staff is excited about the arrival of Karen Bye. Bye, a graduate student who played at the University of New Hampshire is a veteran with the United States National team.

North America. More importantly, Concordia has taken a major role in the sport's development. Concordia hosted the first ever Canadian Junior Girls Ice Hockey Tournament last March. Six teams participated in the four-day event which provided coaches and fans an opportunity to see the potential Olympians of the future. It also provided a strong motivation for the young players in the tournament, demonstrating that there was a process being developed by which young talented players had access to the national programme.

The Concordia Hockey School for Girls was established two years ago and has provided young athletes with instruction by some of the game's top women players.

The Concordia programme itself has given student-ath-



The Loyola Campus was alive with the sound of children this past summer as the Concordia University Summer Sport Camp successfully completed its second season.

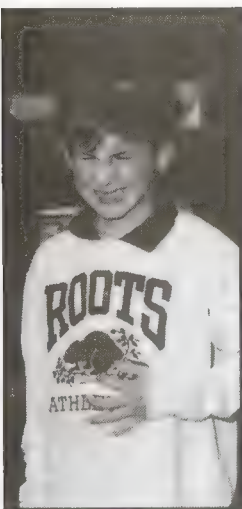
The rustic grounds of Concordia's Loyola Campus in West-end Montreal became a summer haven to dozens of young smiling faces all summer long.

Concordia's camp offers a wide variety of sports and other leisure activities. Qualified staff provide a wonderful atmosphere for the children to develop skills, play games and above all else - have fun!

Camp Concordia has already developed a reputation for excellence in children's programming. Camp director Pat Sheahan brings 15 years of hard work and dedication designing and implementing children's programmes.

Campers and parents alike raved about the positive atmosphere the camp generated to all the participants. That attitude and enthusiasm starts at the top with Sheahan and filters down to staff and campers.

Pat Sheahan brings to Concordia's summer an extensive background in Summer Camp administration, teaching and coaching. He was formerly the Sport coordinator at Champions Day Camp in the early 80's and developed the McGill Summer Sport Camp from 1985 through 1988. He has also done extensive work throughout the city of Montreal as a physical education specialist at a variety of elementary schools and worked in the preschool gym programme at the Westmount YMCA. After having taught physical education to grades K-6 for almost 10 years, he is now responsible for developing Concordia's Camp programme.



CONCORDIA SUMMER SPORTS CAMP

For more info call

848-3850





FOR A TEAM THAT NEITHER TRAINS NOR COMPETES on campus, the Ski Team has a strong presence at Concordia. Whether it be one their fund raising parties, their annual Ski Sale or their one-for-all spirit, the ski team brings something extra to the athletic department.

The season begins in September with a rigorous dry land training and preparations for the Ski Sale. Unlike other varsity teams, fund raising is a main component of the team's success. "The ski sales and fund raising activities are vital. Beside raising money, it gives our team members an opportunity to work together for a common cause and create a positive atmosphere among the team members", stated Mike Smith. Smith, who spent four years on the team typifies the Concordia skier, who puts in countless hours of training and competition to ensure the success of the programme.

The actual on-slope training begins during Christmas break when the teams head north for a gruelling week of

skiing and time trials.

The Quebec ski circuit consists of six races (Grand Slalom and Slalom) between Concordia, McGill, Laval, Sherbrooke, Université de Quebec a Rimouski, Université de Montreal, Université de Quebec a Montreal, Ottawa University and Bishop's University.

Each race is televised on a tape-delay basis by RDS and tremendous strides have been made in the last few years in the promotion of the circuit.

Despite an injury to former National team member Julie Klotz, both the men and women's team finished the '93/'94 season, a respectable third.



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NO OTHER VARSITY TEAM HAS PARALLELED the level of excellence that the Wrestling team has achieved in the history of Concordia University. Under the direction of Victor Zilberman the programme has produced countless world-class athletes and has built up a system that has established wrestling programmes throughout Montreal.

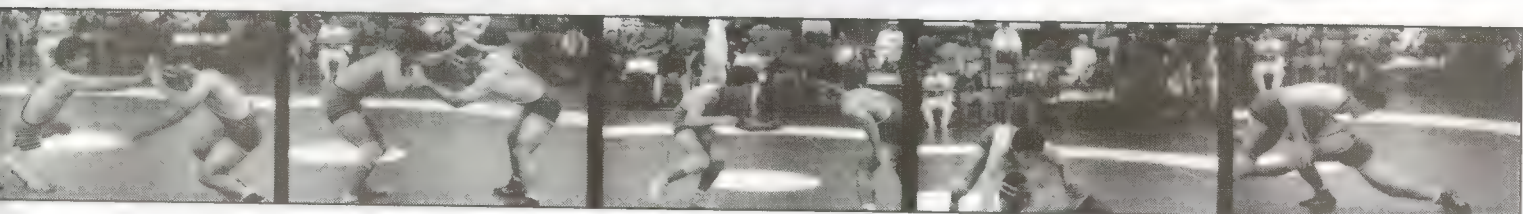
Zilberman, who immigrated from Russia in the early



1970's has been the main line between the development of the club programme as well as the individual athletes. Under his leadership the Montreal Wrestling Club has grown to include feeder programmes at Argyle Academy, Centennial Academy, Lower Canada College, Loyola High School, Royal West Academy and Sewelyn House training athletes and coaches for elite competition.

The coaching staff consists of Zilberman as head coach with assistant coach Rob Moore, Bruce Ross, Garry Kallos, and Kevin Weimer.

The success of the University programme is unequal in the CIAU. Concordia has captured six National titles in the last 11 years and have placed numerous athletes on the Canadian National team. Wyatt Wishart, Rob Dawson, Clarke Davis, Sylvain Marcil, Richie Schwartz, Gary Kallos and Pat and Mike Sullivan have all captured medals in the CIAU National Championships. Pat Sullivan, a five time CIAU gold medalist, Sylvain Marcil, Anthony Merlo and Mike Sullivan were also given the CIAU Outstanding Wrestler award while wrestling for Concordia.



'93/'94 TEAM AWARD WINNERS

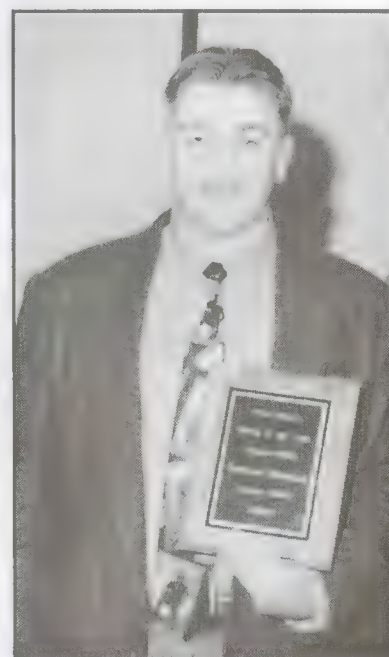
TEAM	MVP	ROOKIE
Alpine Skiing (F)	Judy Ameli	Stephanie Daigneault
Alpine Skiing (M)	Mark Tilden	François Boulais
Basketball (F)	Tanya Guitman	Pat Demers
Basketball (M)	Emerson Thomas	Gaetan Prosper
Football	John MacDonald	Giovanni Petrella
Hockey (F)	Marie-Claude Roy	Kelly Rae Ryan
Hockey (M)	Pat Ryan	Angelo Karitsiotis
Rugby (F)	Linda Miller	Natascha Wesch
Rugby (M)	Brett Hansen	Sistino Colatosti
Soccer (F)	Dee Miller	Astrid Mel
Soccer (M)	Chris Rose	Dwayne Dear/Mauro Biello
Volleyball	Cassandra Bardo	Eleanor Chan
Track & Field (F)	Elfrida Taylor	Karen Chapman
Track & Field (M)	Sanjiv Thomas	Charles Joseph
Wrestling	Akira Higuchi	David Wilson



Cassandra Bardo
Female Athlete of the Year



Theresa Humes presenting Julie Klotz with the Denise Beaudette Award for outstanding contribution to Athletics at Concordia.



Giovanni Petrella
Freshman Athlete of the Year



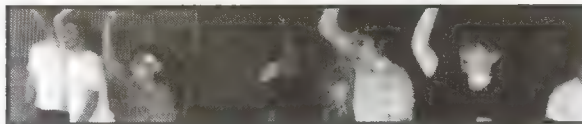
Dexter John, Male Athlete of the Year congratulated by Assistant Vice-Rector of Student Services, Dr. Donald Boisvert.



Randy Philips presenting the Ron Lapoine Award to Pat Ryan.



Eleanor Chan, receiving the Female Rookie of the Year Award from Roy Savory.



Recreation at Concordia. "But where?" you may ask. "I don't have the time to go all the way to the other campus." It is no secret that we have some of the poorest facilities in the country, yet it seems to be a secret where they are. The football field and stadium is quite visible to most, if not all who have come to the Loyola campus

on the famous shuttle. One reads about football and basketball even in the local papers, yet most students are not aware the extent of the recreational opportunities while at Concordia. Not all though. By the time you read this story, it will most likely be too late to register a team for the Concordia intramural hockey league. With more than forty teams, the league is second to none. There still may be room for individuals to join some teams. The recreational team sport leagues usually

operate by Charlie Brown's comment that "it doesn't matter whether you win or lose-until you lose." Well almost anyway. In the indoor soccer league, where English is certainly a second language, some 800 goals were scored last year. Surely, you could pop in a few goals yourself Wednesday evenings, and it would be a good break in your busy week.

Basketball reigns Tuesday and Thursday nights as there is some live action at both Loyola and Victoria gyms. Saturday afternoons, our version of "street ball" comes in the form of 3 on 3 b-ball at Victoria gym. Consider-

ing the number of would-be *Shaq*s and *Michaels* in our recreational basketball leagues, it's a surprise that NIKE has not contacted us yet about some serious sponsorship deal. Sunday night football is only a pale comparison to it's Monday Night version, but then who needs all the stoppages in play due to all the commercials anyway. Is it serious? You bet. Is it fun? Well, have you ever caught a "bomb" for a touchdown?! We can't guarantee the touchdown, but we certainly guarantee the fun. Hmm... you don't play...but you know all the rules; we'll give you a whistle and even pay you for being THE ref.

Monday night volleyball transforms the Loyola gym into an international experience. Recreational and team play is open to all. You definitely do not have to spend much money on equipment to play badminton. We'll provide the badminton racquets and you'll just have to choose between a smash and a drop shot.

The Triathlon club has made huge strides (and lots of them) since its inception last year. Susan Balmer who coaches the team has been able to create a setting where performance excels in a recreational and healthy setting. Experience is not essential, but enthusiasm is. Well, yes, it helps if you know how to swim. Speaking of swimming, you probably know that we don't have a pool at Concordia. But did you know that we offer swimming? Only a 7 minute walk up Côte-des-Neiges, Mariapolis pool is open to Concordia students and staff 10 hours each week. Register at the Victoria gym and find out the exact weekly swimming schedule.





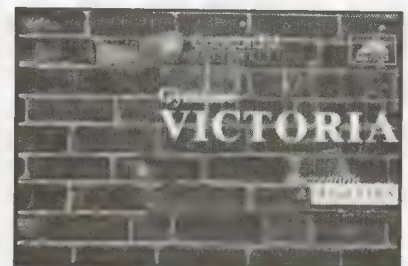
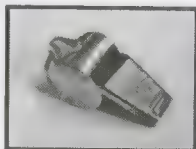
The instructional segment of our programme is designed to meet diverse fitness needs. Ballroom dance is not "better" than classical ballet, but it certainly is different. Martial Arts, Karate, Kung Fu, Tai Chi and Yoga will open to you a possibility of learning ancient movement art forms with due emphasis on stretching and mental concentration and/or relaxation.

Still the most popular form of exercise, aerobics have progressed and come of age with a healthy approach to vigorous exercise. "Low impact, High/Low, Body Shaping, Basic aerobics" etc....we have them all. How can you tell the difference? By trying it. For your convenience Sept. 13-18 is Open House/Gym. (students and staff only) and you can try any instructional class. Do keep in mind that some sections fill up rather quickly and so we encourage you to sign up as soon as you know which class suits you best.

Any questions?

Dial 848-3858 (at Loyola)

or 848-3860 (SGW)



FALL '93 PROGRAMME

Sept. 13th - Dec. 4th

Recreation
& ATHLETICS

Victoria Gym

Morning Aerobics	T, Th
High Energy	M, W, F
Low Impact I	T, Th
Aerobics I	M, W, F
Hi/Lo Aerobics	T, Th
Medium Impact	M, W
Body Shaping	T, Th
Impact Aerobics	Sa
Classical Ballet	T, Th
Ballroom Dance	F
Tai Chi	M, W
Kung Fu	M, W, F
Kung Fu	W, F
Karate	M, W
Martial Arts (beg.)	M, W, F
Martial Arts (adv.)	M, W, F
Basketball (recre.)	M-Sa
Basketball (league)	T, Th
Swimming (Marianpls.)	M-Su
Triathlon Club	M, W, F
Women's Self Def.	Sa
Weight-room	M-F (S)
Weight-room Instr.	F
Yoga	T

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K. Kunigis	\$20/30/40
R. Zohari	\$25/35/50
S. Parisella	\$25/35/50
R. Zohari	\$20/30/40
E. Aidelbaum	\$40/50/70
A. Latincic	\$35/45/60
R. Ashton	\$25/30/45
L. Bernard	\$40/50/NA
L. Bernard	\$40/50/NA
A. Hill	\$25/35/50
M. Gregory	\$50/60/80
M. Gregory	\$70/80/95
A. Moreira	\$10/15/40
S. Quiblat	\$20/35/55
NA	\$20/25/NA
S. Balmer	\$50/70/90
L. Bernard	\$20/30/40
A. Moore	\$20/25/45
A. Moore	\$10/15/25
V. Berry	\$20/30/50

Loyola Gym

Aerobic Fitness	M, W, F
Light Impact	T, Th
Hi-Lo Aerobics	M, W
Badminton	F, Su
Basketball	T, Th
Broomball	F
Indoor Soccer	W
Ice Hockey	Sa, Su
Karate	T, Th
Outdoor Club	Sa, Su
Softball (Pick up)	F
Touch Football	Su
Volleyball	M
Weight-room	M-Su
Weight rm. instr.	M-F

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V. Gaston	\$20/25/NA
M. Rinaldi	\$50/60/100
M. Taylor	\$35/40/50
S. Prosser	\$15/25/30
M. Rinaldi	\$15/20/25
V. Gaston	\$15/20/30
H. Baragar	\$15/20/30
NA	\$20/25/45
V. Gaston	\$10/15/25

Please note: Prices listed are for students/staff/others, for one semester
(Daypass costs are \$2/\$3/\$5)

LOYOLA GYM REGISTRATION:

VICTORIA GYM REGISTRATION:

Mon.-Fri. 11h00-18h00
Mon-Sat. 10h00-20h00



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Session II: Jan. 19 - Mar. 23

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Valerie Gaston at 848-3858



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ATHLETICS STAFF

Yves Beaucage - Men's Hockey Coach, Intercollegiate Co-ordinator
Kim Bailey - Event Co-ordinator
Marvin Cooper - Asst. Facilities Co-ordinator
Linda Corrigan - Co-ordinator Administrative services
Janet Corrigan - Project Co-ordinator
Micheline Delany - Receptionist/Secretary
John Dore - Men's Basketball Coach
Valerie Gaston - Promotions Co-ordinator
Julie Healy - Facilities Co-ordinator, Asst. Women's Hockey Coach
Mike Hickey - Women's Basketball Coach
Les Lawton - Women's Hockey Coach, Pro-Shop, Equipment Manager
Sally Livingston - Secretary Marketing & Promotions
Scott Livingstone - Athletic Therapist, Strength & Conditioning Coach

Kathy McDonald - Associate Director
Gerry McGrath - Sales & Marketing Manager, Asst. Football Coach
Scott Motlik - Sport Information Director
Vladimir Pavlicik - Communications & Promotions
Dir. of Recreation, Men's Soccer Coach
Alberto Moreira - Recreation Co-ordinator
Sue Proseer - Recreation Co-ordinator, Travel Co-ordinator
Ron Rappel - Head Athletic Therapist
Melanie Sanford - Women's Volleyball Coach,
Programme Development
Pat Sheahan - Head Football Coach, Summer Sports Camp Director
Harry Zarins - Director of Recreation & Athletics



**FOOTBALL**

Date	Visitor	Time
Sat. Sept. 11	Bishop's	13h00
Sat. Sept. 25	Ottawa	13h00
Sat. Oct. 09	McGill	13h00
Sat. Oct. 16	Carleton	13h00

**MEN'S RUGBY**

Date	Visitor	Time
Sun. Sept. 19	Bishop's	15h00
Sun. Sept. 26	Sherbrooke	16h00
Wed. Sept. 29	McGill	20h30
Sun. Oct. 31	UQTR	12h00

**WOMEN'S RUGBY**

Date	Visitor	Time
Sun. Sept. 19	Bishop's	13h00
Wed. Oct. 13	McGill	20h30
Sun. Oct. 17	MAC	13h00
Sun. Nov. 07	League Final	T.B.A.

**WOMEN'S SOCCER**

Date	Visitor	Time
Sun. Sept. 19	UQTR	13h00
Sun. Oct. 03	Bishop's	13h00
Sat. Oct. 23	McGill	13h00
Sun. Oct. 24	Sherbrooke	12h00

**MEN'S SOCCER**

Date	Visitor	Time
Sun. Sept. 19	UQTR	15h00
Sat. Sept. 25	UQAM	15h00
Sun. Sept. 26	McGill	13h00
Sun. Oct. 03	Bishop's	15h00
Sun. Oct. 24	Sherbrooke	14h00

**WOMEN'S VOLLEYBALL**

Date	Visitor	Time
Sun. Oct. 24	U de M	14h00
Sat. Oct. 30	Laval	13h00
Sun. Oct. 31	Laval	12h00
Wed. Nov. 10	McGill	19h00
Wed. Jan. 12	Sherbrooke	19h00
Sat. Jan. 22	McGill	14h00
Sat. Feb. 12	Sherbrooke	12h00
Sun. Feb. 13	U de M	13h00

WOMEN'S BASKETBALL

Date	Visitor	Time
Fri. Nov. 12	Concordia Classic	14,16,18,20h
Sat. Nov. 13	Concordia Classic	14,16,18,20h
Sun. Nov. 14	Concordia Classic	10,12,14,16h
Fri. Nov. 26	McGill	18h30
Fri. Jan. 14	Laval	18h30
Sun. Jan. 23	Bishop's	13h00
Fri. Feb. 04	Laval	18h30
Fri. Feb. 11	McGill	18h30
Sun. Feb. 27	Bishop's	13h00

**MEN'S BASKETBALL**

Date	Visitor	Time
Sat. Oct. 23	Western	15h00
Fri. Oct. 29	Nike Centennial	19h00
Sat. Oct. 30	Nike Centennial	19h00
Fri. Nov. 26	McGill	20h30
Fri. Jan. 14	Laval	20h30
Sun. Jan. 23	Bishop's	15h00
Fri. Feb. 04	Laval	20h30
Fri. Feb. 11	McGill	20h30
Sun. Feb. 27	Bishop's	15h00

**WOMEN'S HOCKEY**

Date	Visitor	Time
Fri. Oct. 15	St. Laurent	19h00
Sun. Oct. 31	McGill	12h30
Sun. Nov. 21	UQTR	12h30
Fri. Dec. 03	St. Laurent	19h00
Sun. Dec. 05	UQTR	12h30
Fri. Jan. 21	UQTR	19h00
Sun. Jan. 23	McGill	12h30
Feb. 04, 05, 06	Theresa Humes Inv.	T.B.A.

**MEN'S HOCKEY**

Date	Visitor	Time
Tue. Oct. 26	Ottawa	19h30
Fri. Oct. 29	UQTR	19h30
Thur. Nov. 11	Ottawa	19h30
Sun. Nov. 21	Queen's	15h00
Sat. Nov. 27	York	15h00
Sun. Nov. 28	Brock	15h00
Sun. Jan. 16	UQTR	15h00
Fri. Jan. 21	Toronto	19h30
Sat. Jan. 22	Guelph	15h00
Sun. Jan. 30	RMC	15h00
Wed. Feb. 09	McGill	19h30
Fri. Feb. 18	McGill	19h30



All home games are played at the Loyola Athletic Complex of Concordia University.



8h00 9h00 10h00 11h00 12h00 13h00 14h00 15h00 16h00 17h00 18h00 19h00 20h00 21h00 22h00



Morning Aerobics
High Energy
Low Impact I
Aerobics I
Hi/Lo Aerobics
Medium Impact
Body Shaping
Impact Aerobics
Classical Ballet
Ballroom Dance
Tai Chi
Kung Fu
Kung Fu
Karate
Martial Arts (beg.)
Martial Arts (adv.)
Basketball (recr.)
Basketball (league)
Swimming (Marlins)
Triathlon Club
Women's Self Def.
Weight-room
Weight-room Instr.
Yoga

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